

FACTS ABOUT CARBON MONOXIDE (CO) POISONING

Carbon monoxide (CO) is called the “silent killer” because it is colorless, tasteless, odorless, nonirritating, and lethal. That’s why you need to know about CO hazards.

Know the danger:

- * Reduces the oxygen-carrying capacity of the blood
- * Can be passed to a fetus by a pregnant woman
- * Can cause unconsciousness, permanent physical damage, or death

Know the common sources of exposure:

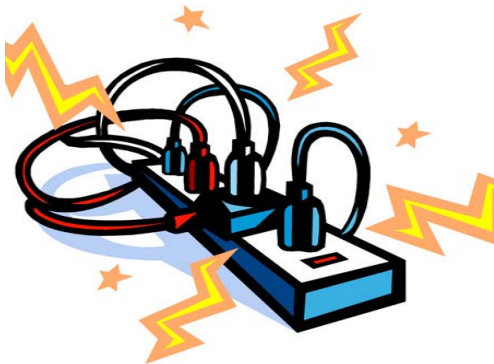
- * Vehicle exhaust fumes
- * Faulty heating systems (such as your home furnace)
- * Operation of other fuel-burning equipment

Know the symptoms of exposure:

- * Headache and fatigue
- * Nausea and dizziness
- * Rapid breathing or pulse
- * Confusion and weakness

Know the proper response:

- ✓ Get to fresh air immediately.
- ✓ Call 911 for medical assistance.
- ✓ Administer CPR if victim isn’t breathing.
- ✓ Attempt to rescue a victim in an environment that might be full of CO **only** if you are trained and have proper respiratory protection (air-supplied respirator).



SAFETY TIPS OF THE MONTH

The following simple precautions will help minimize the risk of a fire in your home:

- Assign a special closet for combustible materials and dangerous tools that you don’t want your children to touch. Put a good lock on the door and a heat detector inside to alert you to any fire danger.
- Ceiling fixtures and recessed lights trap heat. Since overheating can lead to fire, don’t use a high-wattage bulb in such a fixture. If you don’t know the correct wattage, use a bulb of 60 or fewer watts.
- To make a dry fire extinguisher, pour 6 pounds of fine sand into a large container and add 2 pounds of baking soda. Stir the mixture thoroughly. Keep the container in your shop, garage, or kitchen. This mixture can be sprinkled directly on small oil, grease, and petroleum fires.

Safety Matters

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Fire Alert!

How to prevent electrical fires

Electricity is hazardous in more than one way. It can give you a shock or a burn. It can electrocute and kill you. And it can also start deadly and damaging fires. Since this month is **National Electrical Safety Month**, this is the perfect time to give you a few important reminders about electrical safety and fire prevention.

Common causes of electrical fires include:

- Overloaded circuits, motors, fuses, and outlets
- Exposed wires when insulation is worn or damaged, which can cause a short
- Loose ground connections
- Hot lights or machinery in contact with combustible materials like cardboard, paper, or cloth
- Defective electrical equipment or tools that spark or short

Take these steps to prevent electrical fires in the workplace:

- Report damaged wires and electrical cords so that they can be replaced.
- Don’t overload motors, circuits, fuses, or outlets.
- Report any electrical equipment that sparks, shocks, smokes, or otherwise malfunctions. Turn it off, tag it out, and get it repaired. Don’t use it!
- Use extension cords as a temporary measure only, and make sure they’re in good condition and are appropriate for the task.
- Keep combustible materials away from electrical equipment and hot lights.
- Don’t let grease, dust, or dirt build up on electrical machinery.
- Don’t place electrical cords near heat or water.
- Check ground connections because proper grounding provides a safe path for the electricity if there is an electrical fault.

In case of an electrical fire, remember these safety tips:

- Activate the fire alarm.
- Never touch the burning object or person because you could be electrocuted.
- Turn off the power if possible.
- Extinguish a small electrical fire with a carbon dioxide or multipurpose ABC fire extinguisher—never water.

Electrical fires are a major cause of workplace fires, and almost all of them are preventable. Do your part to assure we don’t have any electrical fires in our workplace.

RIDDLES OF THE MONTH

- 1). George, Helen and Steve are drinking coffee. Bert, Karen and Dave are drinking soda. Would Elizabeth be drinking coffee or soda?
- 2). If chickens get up when the rooster crows, when do ducks get up?
- 3). Why do fish have such huge phone bills?

Answers on page 2 Safety Bits and Pieces

Safety Bits & Pieces

PERSONAL PROTECTIVE EQUIPMENT (PPE) ATTITUDE CHECK

- Firefighters always wear their helmets and fire-resistant gear.
- Welders wear their helmets and gloves.
- Deep sea divers never go under without their scuba gear.

Why? They understand how necessary the proper personal protective equipment (PPE) is for their safety. They know it's a matter of life or death.

Unfortunately, the same safe attitude doesn't automatically occur when it comes to everyday types of PPE. People don't always think it's necessary. For example, people sometimes forget to wear their **head protection** because they don't have something fall on their head every time they enter a hard hat area.

People are often just as careless about **eye protection**. They may have the attitude that they're careful workers so they don't need to bother with safety glasses or goggles. Nothing's going to happen to them, they tell themselves. And indeed nothing might go wrong 99 out of 100 times. But that 100th time could really be a killer! All it takes is one splash of a caustic chemical or one chip of metal to cause blindness.

Other examples of unsafe attitudes about PPE involve the requirements to wear **safety shoes, gloves, hearing protection, or respirators** for certain jobs. And so the PPE sits in a locker or on a shelf, while the workers who should be wearing it are out there putting themselves at risk.

That's not such a great attitude, is it?

Wear the appropriate PPE at work and home. Don't forget how important PPE can be at home when doing work around your house. Wear eye and hearing protection, as well as the proper shoes, when cutting the grass; wear eye protection when using power tools, grinding wheels, etc; wear hand protection when using chemicals, and so on. Accidents can and do happen everywhere so do everything you can to prevent one from happening to you!!

RIDDLES OF THE MONTH ANSWERS

- 1). She is drinking coffee. The letter E appears twice in her name, as it does in the names of the others that are drinking coffee.
- 2). At the quack of dawn.
- 3). Because when they get on the line they can't get off.

Safety Rules

Always choose the safe way

Too many people, both on and off the job, think they can take risks with their safety and not pay the price. Perhaps they believe that accidents only happen to other people, so they take unwise shortcuts that could expose them to a serious injury or they never take the time to think ahead to what might happen as a result of their actions. But when they act this way, they not only endanger themselves, but also their co-workers, family members, and other people around them.

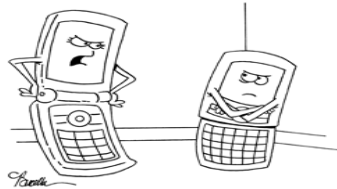
How does such an unsafe attitude develop?

As young kids we're taught not to play with matches, not to step out into the street without looking, not to pat strange dogs, and not to grab something hot with our hands. But then comes adolescence. The need for independence may cause us to deliberately ignore the safety rules of our early years.

Unfortunately, some adults don't outgrow this dangerous attitude and realize that ignoring safety rules exposes them to serious hazards and the potential for disabling injuries—in the workplace, at home, on the road, or just about anywhere else.

A "rules are for fools" attitude can get you hurt. Why wait for an injury to start choosing the safe way?

ON THE LIGHTER SIDE...



"Don't use that ring tone with me, young man!"

QUOTATION OF THE MONTH

"Be courteous to all, but intimate with few, and let those few be well tried before you give them your confidence. True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to the appellation."

George Washington (1732 - 1799)



From the State of Delaware's Office of Highway Safety...

Click It or Ticket

Wearing a seat belt is a habit, just ask my 10 year old son. From the time he was very small, I made sure that he knew every time he was in the car, he would be wearing a seat belt. No exceptions.

This month, OHS and law enforcement statewide are standing together to remind drivers that wearing a safety belt is not a choice. It is the law. No exceptions. Additionally this is the 10th Anniversary of Delaware's Click It or Ticket Campaign. Through it we have increased seat belt use from 71% to 91%...an amazing accomplishment! Here is what you need to know about seat belt use in Delaware.

- Everyone in the vehicle, including backseat passengers and children, must wear seat belts according to Delaware law.
- Lap and shoulder belts must be worn and shoulder belts must not be placed behind the back or under the arm. If you don't you can be ticketed, or worse, seriously injured in a crash.
- The driver will receive a ticket for the failure of anyone in the vehicle to buckle up. Fines are \$25 plus court fees, which can total more than \$70.

For more information on Delaware's seatbelt laws and the Click It or Ticket campaign, go to our website at www.ohs.delaware.gov/seatbelts.

Click It or Ticket. Arrive Alive DE.